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WHAT DO YOU KNOW ABOUT EGGS

Broadcast by Miss Ruth Van Deman of the Bureau of Home Economics and Mr. Wallace Kadderly of the Office of Information, in the Department of Agriculture period of the National Farm and Home Hour, Monday, March 3, 1941 by the National Broadcasting Company and associated Blue Network stations.

--ooOoo--

WALLACE KADDERLY:

And now here's Ruth Van Deman with some information about eggs---a sure sign that spring is just around that proverbial corner.

RUTH VAN DEMAN:

You're right.....information about eggs is a sure sign of spring. The Bureau of Home Economics gets the signal from people who want to use lots of eggs while they're plentiful, and cheap, and top-notch in quality. Just as surely as the hens begin to tune up, the questions about eggs begin to roll in on us....Why are eggs a protective food? Is is true that egg yolk is rich in iron? What makes custards curdle? Why do meringues fall? We run a regular egg quiz from now until June or July.

KADDERLY:

For the sake of the people who handle your Bureau of Home Economics mail, I hope the questions never equal the number of eggs the hens lay.

VAN DEMAN:

How many would that be about now?

KADDERLY:

Somewhere around 65 or 70 thousand per minute.

VAN DEMAN:

65 to 70 thousand a minute. Let me see, the Farm and Home Hour has been on the air 18 minutes now. So by the time we hand it back to Everett Mitchell in Chicago, the hens will have laid how many eggs?

KADDERLY:

Don't say a word more, Ruth, let's see if Everett can figure that out.

VAN DEMAN:

Anyway, you've told me something I wanted to know. Evidently there's no falling off in egg production this spring.

KADDERLY:

Not so far anyway. The hens have responded to the good weather in fine shape. At present prices, eggs are a food bargain.

VAN DEMAN:

The nutrition experts will go you one better on that, Wallace. They say eggs are a bargain in food value at anytime. An egg is so full of a

(over)

number of things, very important to good nutrition.

KADDERLY:

Such as the iron in the yolk, you mentioned a moment ago. I realize we need a good supply of iron-rich food everyday----to keep the blood count up so we'll have what it takes to do our jobs with vigor and vim.

VAN DEMAN:

That's right. Red blood cells can't be built without iron. And egg yolk is one of the extra good sources of iron.

KADDERLY:

On iron alone I should think eggs would class as a protective food.

VAN DEMAN:

They might. But eggs make the protective food list on a lot of other counts besides iron. They get honorable mention for iron plus calcium---plus phosphorus---plus Vitamin A---plus VitaminsD, G, E---plus the pellegra-preventing factor---plus efficient protein---plus----

KADDERLY:

Hold it, Ruth, hold it---all those five-ton words are a little heavy to take at one swallow.

VAN DEMAN:

An egg is a very modest unassuming article. It conceals all those food values very modestly underneath its stream-lined shell. It conceals them so completely in fact that they slip right down with your egg a day without your knowing it.

KADDERLY:

I make it two eggs a day whenever an egg dish is the main course at dinner or lunch.

And what you say about the egg being modest and unassuming makes me feel happier about that Humpty Dumpty rhyme. You know, from that I someway got the idea that maybe Humpty Dumpty sitting up there on the wall was suffering from an inflated ego--just so pleased and satisfied with himself that he had to take that big fall.

VAN DEMAN:

No, I don't think that's quite fair to Humpty Dumpty. I think he took that fall because somebody failed to handle him right.....didn't understand his sensitive nature.

KADDERLY:

You're implying, then, that an egg needs to be treated with great consideration all along the line, from the nest to the breakfast table.

VAN DEMAN:

I'm more than implying. I'm shouting it from the house tops. An egg needs to be kept cold until it's ready to cook. And when it comes to

the cook stove, the heat needs to be tempered to keep that delicate protein and so on, from shrinking, and drying, and getting tough and rubbery.

KADDERLY:
An egg in other words likes to be coddled not hard boiled.

VAN DEMAN:
Never hard-boiled. The food experts wouldn't like to hear you say hard-boiled. Hard-cooked is the word.

KADDERLY:
Just what do you mean by hard-cooked?

VAN DEMAN:
I mean an egg cooked until its firm all the way through in water that's simmering, not bubbling up in a rolling boil.

KADDERLY:
But surely you can have the water boiling when you drop the eggs in.

VAN DEMAN:
Oh yes. Several eggs right out of the cold pantry will cool a pan of water down to the simmering point very quickly. For soft-cooked, or coddled eggs, all you need to do then is cover them and put them on the back of the stove. In 5 or 6 minutes they'll reach that beautifully coddled stage, with the whites coagulated like tender white jelly.

Or another way for soft-cooked eggs is to start them in cold water and bring it very gradually up to the simmering point and hold it there for two or three minutes. That's for soft-cooked eggs. For hard-cooked the simmering has to go along for about 30 minutes.

KADDERLY:
Just a matter of keeping the over-all temperature moderate.

VAN DEMAN:
That's all. It's exactly the same principal with the meringues. Egg white beaten up with sugar will brown in a hot oven in a flash. But the film of egg protein that surrounds the tiny bubbles of air and makes the meringue the light fluffy thing it is, that film of protein doesn't have a chance to cook through and become set in a very hot oven. So as soon as the meringue comes out of the oven and begins to cool off, it goes down, down, down, and wrinkles up like a piece of old leather. None of that need happen if the meringue is baked for 20 minutes or so in a very moderate to slow oven---an oven 300 to 275 degrees.

KADDERLY:
Ruth, what's this you're handing me here on the side? Looks like proof sheets.

VAN DEMAN:
They are---proof of a new folder on eggs---"Egg Dishes at Low Cost."

KADDERLY:
Is this to be available soon?

VAN DEMAN:
We're expecting it from the Printing Office in two or three weeks. It's a joint publication with the Surplus Marketing Administration.

KADDERLY:
Are you taking orders now for this new folder---"Egg Dishes at Low Cost"?

VAN DEMAN:
Orders for future delivery, yes.

KADDERLY:
Very well then. Farm and Home friends (ad lib offer new folder "Egg Dishes at Low Cost")

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